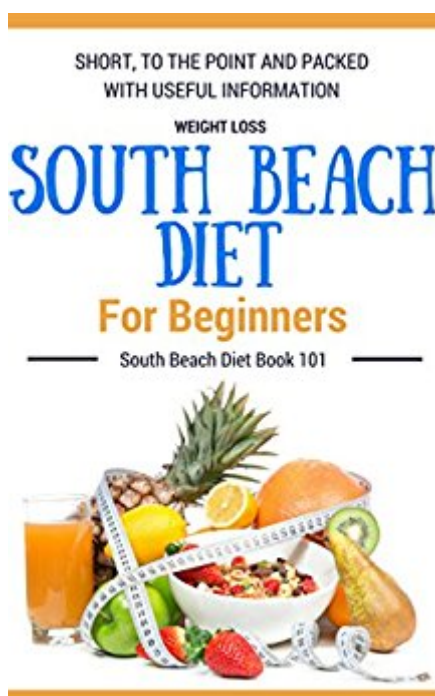


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# South Beach Diet: South Beach Diet Book For Beginners - South Beach Diet Cookbook With Easy Recipes (Low Carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1)



## Synopsis

How do you get started on the South Beach Diet? What is exactly this diet about? Learn all this and more with this short and simple guide! "Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Take a random poll of your friends, family and colleagues and you're bound to encounter at least a few people who are dieting, and they're all probably not following the same plan. There are countless diets out there -- so many that it can be difficult to figure out which one to follow. Among these, there are low-calorie diets, low-fat diets and low-carb diets. For a long time, the Atkins plan was the most famous of the low-carb diets. And then along came the South Beach Diet. The South Beach Diet has been around since the late 1990s. The diet was designed to be heart-healthy. As such, the South Beach Diet blends several methods together to try to make a healthful and realistic diet for those looking to lose weight. It's often compared to the Atkins Diet, since both tend to frown upon too many carbohydrates and both also run on a plan based on stages, or phases. But a closer examination of the South Beach plan will show some differences, particularly once you move on past the first phase of the program. This short guide was designed for beginners who want to get started with the South Beach Diet and learn the basic important thing about this topic. Now that you know how the diet got started, you're ready to learn the specifics of the plan, including what foods you can eat in each of the three phases. Read on to discover how the South Beach Diet plan actually works. After downloading this book you will learn...

Chapter 1: The South Beach Diet: What's It All About?

Chapter 2: Losing Weight with the South Beach Diet

Chapter 3: Phase 1 of the South Beach Diet

Chapter 4: Phase 2 of the South Beach Diet

Chapter 5: Phase 3 of the South Beach Diet

Chapter 6: How to Control Your Hunger

Chapter 7: Dealing with Weight-Loss Plateau

Chapter 8: Dining Out in a Healthy Way

Much, much more! Read what others have to say "If you are looking for a diet plan for weight loss then you can start the recipes described here. There are many diets but they may not suit with you. My wife was following this diet for several months & she got significant results. It is a proven method & you can try it without any hesitation. Very helpful book with a lot of useful information. Worth every buck. Recommended!" - Josef Henry - "This book was definitely worth 5 stars: great recipes inside and me and my wife loved them. I would highly recommend this book because it is a run down of a south beach diet and it's for newbies. Easy to make and it taste great!" - Jack Johnson - Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Scroll up and click the orange button "Buy Now" on the top right of this page to access this book in under a minute LEARN TODAY WHAT YOU NEED TO KNOW BEFORE STARTING WITH THE SOUTH BEACH DIET!

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## **Book Information**

File Size: 1319 KB

Print Length: 27 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 1, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00YQBST4I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #190,149 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Atkins

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## **Customer Reviews**

Love the idea of the south beach diet but I didn't know much about it until I read this book! It is informative and gives great reasons for why this is healthy for your body and will help you be healthy instead of just thin. Great book!

Very simplistic overview of the South Beach Diet. This book outlines the basics and for those who don't want to be boggled down with too much info this book is for you. You can get started losing weight on Phase 1 right away. Great book for beginners.

If you are looking for a diet plan for weight loss then you can start the recipes described here. There are many diets but they may not suit with you. South Beach diet which is also known as modified Atkins diet was designed to be heart-healthy & preferred on low carbohydrate living. There are several stages of this diet which all are very easy to follow keeping you energetic, fresh, healthy & most importantly losing weight. My wife was following this diet for several months & she got significant result. It is a proven method since 1990's & you can try it without any hesitation. Very helpful book with a lot of useful information. Worth every bucks. Recommended!

Thankfully, I borrowed this "book" from the Prime library. It was more like a lengthy advertisement for the actual South Beach Diet book and contained little useful information. It did, however, pique my curiosity as to the actual diet. I'm trying to decide if I should get the book in Kindle or paperback format.

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